Allergy Free Drinks

Includes vision and physical accessibility notes

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Acknowledgements

Writing a cookbook is something I never dreamed I would need to do. I was once so organized, and memorized everything I read. Before brain damage. Now, I forget names, faces, and anything not written, down. And even those things that are written on occasion.

A tremendous thank you to all who offer help that often you never see the results of. Years later, even decades later, those you help will remember the assistance you gave.

May this cookbook inspire others to want to cook and write.

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Drinks

Hydration is vital for a healthy mind and body. Or at least as healthy as it can be with all the other health problems some people have. For concerns about hydration levels, or safe drinks, speak to a qualified medical professional.

A little apple juice in ginger ale, or tea, can increase the body's immune system. Caution with fruit juice is a good idea, especially for people with known food allergies. Apple juice is a common drink given to children. Fructose, a type of fruit sugar, can be overwhelming to the system, especially on an empty stomach.

Hot chocolate is a winter standby that many enjoy. For those with vision loss, or low dexterity, it can be a burn hazard. A large handled mug, gloves, and a mug place mat become vital to prevent burns. Microwave cooking is an option.

Teas of all kinds have been enjoyed since humans began creating drinks. Sweet and unsweetened tea are usually black tea, though occasionally green tea. Honey lemon tea softens a sore throat. Flavored teas also add other health benefits.

Basic sugar water increases blood sugar after a sudden drop.

Salt water may seem to contradict good hydration levels. However, if salt levels are too low, the body craves water, trying to find salt. This can actually decrease salt, and other electrolytes, leading to further dehydration. For salt level concerns, speak with a qualified medical professional.

Apple and Ginger Ale Cider

Apple and ginger ale cider is a great alcohol free drink for people of all ages with an irritated throat. It's good on a frosty evening to warm up. The apple juice may be heated for 30 seconds, if needed, in the microwave. Small children may enjoy this drink without concern of stomach irritation. It may also be one of the first drinks they make for themselves. For a really bad sore throat, an ounce of whiskey can be added for those adults who can have alcohol. Alcohol may react negatively with medications, so avoid if on any medication.

Pre Cook Preparation:

Meal Adaptations:
- Physical Accommodations:
  - Canned or bottled juice
- Visual Accommodations:
- Potential Food Allergy or Intolerance:
  - Apples
  - Cinnamon
  - Nutmeg
- Meatless Preparation Avoid:
  - Substitute with: _____

Utensils:
- Microwave safe cup
- Spoon
  - Pan: None

Ingredients:
- Meat: None
- Vegetables: None
- Other ingredients:
  - Cinnamon, or
    - Nutmeg

Preparation time: 5 minutes

Preparation:

1. **Fill a microwave safe cup half full with apple juice.**
2. **Place in microwave, and heat until warm, about 30 seconds.**
3. **Add spices such as cinnamon and nutmeg, if desired.**
4. **Fill to drinking level with ginger ale.**
5. **Stir if needed.**

Cook Temperature: Microwave

Cook Time: 30 seconds

Servings: 1

Storage Solutions: Covered cup

Counter safe: 30 minutes to cool enough to place in the fridge or freezer
Fridge safe: 1 day
Freezer safe: No

Reheat Instructions:

Microwave: Time and temp may vary.
Heat about 1 minute
Add your microwave time here: _____.

Stove Top: Not recommended

Oven Directions: Not recommended

Apple and Tea Cider

A warm winter drink variant that is soda free. The apple juice can be frozen, fresh, or from a jar. Chamomile is the best tea choice for this hot tea. Black or green tea may also work, though their flavor will not be as sweet. Other flavors of tea don't mix well with apple juice. It is also a nice way to reheat a half finished cup of tea with an additional flavor of apple. The apple flavor should not be overwhelming. The amount of apple juice needed may vary depending on the concentration level of the apple juice used.

Pre Cook Preparation:
- Marinate: No, steep for 20 minutes, if desired

Meal Adaptations:
- Physical Accommodations:
  - Frozen or bottled apple juice can be used
- Visual Accommodations:
- Potential Food Allergy or Intolerance:
  - Apples
  - Cinnamon
  - Nutmeg
- Meatless Preparation Avoid:
  - Substitute with: _____

Utensils:
- Spoon
  - Pan: Microwave

Ingredients:

- Meat: None
- Vegetables: None
- Other ingredients:
  - Cinnamon, or
    - Nutmeg

Preparation time: 30 minutes

Preparation:

1. Boil water for a cup of tea.
   Tea kettle or microwave safe cup.
2. Allow tea bag to steep for 20 minutes.
3. Split tea into 2 cups and fill with apple juice.
4. Add spices, such as cinnamon and nutmeg, if desired
5. Stir if needed.

Cook Temperature: Microwave

Cook Time: 1.20 minutes

Servings: 2

Storage Solutions: Covered cup

Counter safe: 30 minutes to an hour to cool
Fridge safe: 1 day
Freezer safe: No

Reheat Instructions:

Microwave: Time and temp may vary.
Heat 2 minutes
Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place drink in sauce pan.
2. Stir frequently while drink heats, until thoroughly warm, about 5 minutes.
   Add your stove time here: _____.

Oven Directions: Not recommended

Honey Lemon Tea

Honey lemon tea a great way to reduce throat inflammation. Or enjoy on a warm, sunny day. Local honey is considered the best for a sore throat due to allergies. Mix honey and real lemon juice in chamomile tea. Honey and lemon juice do not mix well with other prepared tea flavors, including lemon, or honey lemon. Add enough honey to keep the bitterness of the lemon at bay. It is safe to drink 2 or 3 cups a day as needed with a sore throat. Contact a medical professional if a sore throat continues more than a few days. ***

*** Vital note: Doctors do not recommend honey to children under a certain age, or people with certain illnesses. Check with a medical professional for young children, and people with chronic illness.

Pre Cook Preparation:
Marinate: No, steep for 20 minutes, if desired

Meal Adaptations:
Physical Accommodations:
Can be microwaved

Visual Accommodations:

Potential Food Allergy or Intolerance:
Honey (children, diabetics)
Lemon juice

Meatless Preparation Avoid:
Substitute with: _____

Utensils:
Spoon
Pan:
A microwave safe coffee cup, or
A sauce pan

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
1 teaspoon honey
1 tablespoon lemon juice
1 chamomile tea bag

Preparation time: 2 minutes

Preparation:

1. Boil water for tea.
2. Add to tea cup:
   - Chamomile tea bag
   - 1 teaspoon to 1 tablespoon of honey
   - 1 tablespoon of lemon juice
   - Boiling water
3. Stir and let cool for 20 minutes.

Cook Temperature:

Stove: Medium heat until boiling

Cook Time:

Microwave: 2 minutes

Electric Kettle: Varies

Your kettle's time. _____

Stove top: Varies

Your stove top's time. _____

Servings: 1 cup

Storage Solutions: A covered cup

Counter safe: 30 minutes to an hour to cool

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe cup (not plastic).
2. Heat until tea is fully hot.
3. Minimum 1.20 minutes.

   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place tea in a sauce pan.
2. Stir frequently while tea heats, until thoroughly warm, about 10 minutes.

   Add your stove time here: _____.

Hot Chocolate - Microwave

Microwaved hot chocolate is quick and easy. Some people are content using the directions on the box of prepared hot chocolates. It doesn't mix as well. Prepared in the microwave, half a packet is more than enough for one cup. With a little attention, hot chocolate can be prepared in the microwave and taste as good as if prepared on the stove. Fewer dishes to wash. Once a cook knows the amount of time to set on the microwave, it generally doesn't change. Although, as the microwave ages, it may extend.

Pre Cook Preparation:

Meal Adaptations:

Physical Accommodations:

Visual Accommodations:

Use caution, as the cup will be very hot

Potential Food Allergy or Intolerance:

Cocoa powder (chocolate)
Milk (lactose)
Sugar (diabetics)

Meatless Preparation Avoid:

Substitute with: _____

Utensils:

Spoon
Pan: 1 coffee cup

Ingredients:

Meat: None

Vegetables: None

Other ingredients:

3/4 (coffee cup sized) milk (lactose free)
Almond, or
Soy
2 tablespoons cocoa powder (Adjust as needed)
Optional:
1 handful of marshmallows
Whipped cream

Preparation time: 10 minutes

Preparation:

1. Add enough almond or soy milk to 3/4 fill the cup.
2. Add 2 tablespoons of cocoa powder.
3. Place in microwave.
4. When the liquid rises in the cup (like pudding does), open the door.
5. Add marshmallows or whipped cream as desired.

Cook Temperature: Medium

Cook Time: about 3 minutes

Servings: 1 cup

Storage Solutions: Covered cup

Counter safe: 30 minutes to an hour to cool enough to place in the fridge

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until chocolate is fully hot.
3. Minimum 1.20 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place hot chocolate in sauce pan.
2. Stir frequently while chocolate heats, until thoroughly warm, about 5 minutes.
   Add your stove time here: _____.

Hot Chocolate - Stove Top

A favored winter treat. Some enjoy hot chocolate any time of year. There are many kinds of hot chocolate. Some are bought as individual servings in packets. Though often, an individual serving is really three or four servings. Many are gluten free. If you only drink a few cups a year, prepackaged is the cheapest, with the least waste. Home cooked hot chocolate is the best drink after shoveling snow on a frozen winter's day. It's not difficult, even with limited vision. Stove top hot chocolate is generally made with powdered chocolate. May be served with marshmallows or whipped cream.

Pre Cook Preparation:

Meal Adaptations:
- Physical Accommodations:
  - Microwave recipe
- Visual Accommodations:
  - Microwave recipe
- Potential Food Allergy or Intolerance:
  - Cocoa powder (chocolate)
  - Milk (lactose)
  - Sugar (diabetics)
- Meatless Preparation Avoid:
  - Substitute with: _____

Utensils:
- Spoon
  - Pan: 3 quart sauce pan

Ingredients:

- Meat: None
- Vegetables: None
- Other ingredients:
  - 2.5 (coffee cup sized) milk (lactose free)
    - Almond, or
      - Soy
  - 4 tablespoons cocoa powder. (Adjust as needed).
    - Optional:
      - 2 handful of marshmallows
      - Whipped cream

Preparation time: 10 minutes

Preparation:

1. Add enough milk to fill each cup and about 1/4 more to the pan.
2. Add 4 tablespoons of cocoa powder.
3. Stir constantly.
4. Bring to a boil.
5. When the liquid rises in the pan (like pudding does), take it off the heat.
6. Count to 10, then pour it into the cups.
7. Add marshmallows or whipped cream as desired.

Cook Temperature: Medium

Cook Time: about 10 minutes

Servings: 2 cups

Storage Solutions: Covered cup

Counter safe: 30 minutes to an hour to cool enough to place in the fridge

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe cup (not plastic).
2. Heat until chocolate is fully hot.
3. Minimum 1.20 minutes.

   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place hot chocolate in sauce pan.
2. Stir frequently while chocolate heats, until thoroughly warm, about 5 minutes.

   Add your stove time here: _____.

Hot Tea

Hot tea is a favored relaxing afternoon treat. There are as many kinds of tea as there are people in the world. There are black teas, green teas, caffeinated teas, uncaffeinated teas, instant teas, prepared bagged teas, and make your own teas. Personal preference, as well as time and money, affect what people buy and drink. This recipe will cover basic prepared flavored teas. Flavoring black or green tea (other than honey lemon tea) are beyond the scope of this cookbook. Sweet tea can be made from black tea in large batches on the stove, or a clean coffee pot.

Pre Cook Preparation:

Meal Adaptations:

Physical Accommodations:

Visual Accommodations:

Potential Food Allergy or Intolerance:

Meatless Preparation Avoid:

Substitute with: _____

Utensils:

Spoon

Pan: Microwave safe coffee cup

Ingredients:

Meat: None

Vegetables: None

Other ingredients:

1 tea bag of choice

Preparation time: 10 minutes

Preparation:

1. **Fill microwave safe coffee cup 3/4 full of water.**
2. **Heat until hot (About 2 minutes).**
3. **Add 1 tea bag.**
4. **Let sit for 20 minutes.**

Cook Temperature:

Cook Time: About 2 minutes

Servings: 1 cup

Storage Solutions: Covered cup
Counter safe: 30 minutes to an hour to cool enough to place in the fridge

Reheat Instructions:

Microwave: Time and temp may vary.
1. **Place in a microwave safe cup (not plastic).**
2. **Heat until tea is fully hot and reaches a safe temperature.**
3. **Minimum 1.20 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.
1. **Place tea in sauce pan.**
2. **Heat until thoroughly warm, about 5 minutes.**
   Add your stove time here: _____.

Salt Water

Salt water is another recipe doctors may not recommend for the average person. Certainly not on a daily basis. Our ancestors used far more salt than we could ever imagine ingesting based on current health guidelines. However, they also wore heavy clothes and sweated constantly. Even today, there are times when outdoor work, such as hiking, mowing, or gardening can lead to depleted salt levels. One of the first signs is the constant desire to drink water. Salt water may be healthier, safer, and quicker than a handful of salty chips after a sweaty outdoor day. Not a recipe to be used frequently, or lightly. There are also some health conditions that indicate an increase in salt within your diet. Check with your medical professional for guidance if you have one of these disorders. *

* If you feel you need salt on a regular basis, see a medical professional. Also, breathing boiling salt water can be refreshing when sick.

Pre Cook Preparation:

Meal Adaptations:

Physical Accommodations:

Visual Accommodations:

Potential Food Allergy or Intolerance:

Salt

Meatless Preparation Avoid:

Substitute with: _____

Utensils:

Spoon

Pan: Microwave safe coffee cup

Ingredients:

Meat: None

Vegetables: None

Other ingredients:

1/4 to 1/2 teaspoon of salt

Preparation time: 1.20 minutes

Preparation:

1. Fill microwave safe coffee cup 3/4 full of water.
2. Heat until hot (About 1.20 minutes).
3. Add 1/4 to 1/2 teaspoon of salt and stir.
4. Allow to cool enough to drink.

Cook Temperature:

Cook Time: About 1.20 minutes

Servings: 1 cup

Storage Solutions: Covered cup

Counter safe: An afternoon

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe cup (not plastic).
2. Heat until tea is fully hot and reaches a safe temperature.
3. Minimum 1.20 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place tea in sauce pan.
2. Heat until thoroughly warm, about 5 minutes.

Add your stove time here: _____.

Sun Tea

Sun tea is an old fashioned way to make tea without direct heat. A clear glass jar is filled with warm water and several tea bags and left to warm in the sun. It can be entertaining to watch the color of the water change as the tea steeps. Reminiscent of a lava lamp. It does take several hours for full steeping. For same day tea, put it outside in the sun early in the morning. A sunny counter, or kitchen table, will do just as well. Sun tea can be served warm or cold. And with or without sugar.

Pre Cook Preparation:

Meal Adaptations:

Physical Accommodations:

Visual Accommodations:

Potential Food Allergy or Intolerance:

Sugar (diabetics)

Meatless Preparation Avoid:

Substitute with: _____

Utensils:

Large glass jar with lid

Spoon

Pan: None

Ingredients:

Meat: None

Vegetables: None

Other ingredients:

10 tea bags (black or green tea)

Preparation time: 10 minutes

Preparation:

1. **Fill a clean, clear jar with warm water.**
2. **Add 10 green or black tea bags.**
3. **Set in the sun to soak.**

Cook Temperature: Sunlight

Cook Time: About 5 hours

Servings: 1 pitcher

Storage Solutions: Covered container
Counter safe: An afternoon

Reheat Instructions:

Microwave: Time and temp may vary.
1. **Place in a microwave safe cup (not plastic).**
2. **Heat until tea is fully hot and reaches a safe temperature.**
3. **Minimum 1.20 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.
1. **Place tea in sauce pan.**
2. **Heat until thoroughly warm, about 5 minutes.**
   Add your stove time here: _____.

Sugar Water

Sugar water is something many doctors may warn against. In fact, soda is commonly called little more than sugar water. However, soda has multiple chemicals besides sugar added to water. Sugar water is a quick way to increase low blood sugar. In fact, it is okay to double or triple the sugar at this instance only when having physically fallen from a blood sugar drop. It is also useful as way to maintain level blood sugar levels throughout a busy day when access to food is limited.

Pre Cook Preparation:

Meal Adaptations:

Physical Accommodations:

Visual Accommodations:

Potential Food Allergy or Intolerance:

Sugar (diabetics)

Meatless Preparation Avoid:

Substitute with: _____

Utensils:

Spoon

Pan: Microwave safe coffee cup

Ingredients:

Meat: None

Vegetables: None

Other ingredients:

1 teaspoon of sugar

Preparation time: 1.20 minutes

Preparation:

1. **Fill microwave safe coffee cup 3/4 full of water.**
2. **Heat until hot (About 1.20 minutes).**
3. **Add 1 teaspoon of sugar and stir.**
4. **Allow to cool enough to drink.**

Cook Temperature: Microwave

Cook Time: About 1.20 minutes

Servings: 1 cup

Storage Solutions: Covered cup
Counter safe: an afternoon

Reheat Instructions:

Microwave: Time and temp may vary.
1. **Place in a microwave safe cup (not plastic).**
2. **Heat until tea is fully hot and reaches a safe temperature.**
3. **Minimum 1.20 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.
1. **Place tea in sauce pan.**
2. **Heat until thoroughly warm, about 5 minutes.**
   Add your stove time here: _____.

Smoothies

Smoothies are a summer fruity treat. They are usually made from raw fruit, which can lead to issues with fructose intolerance. Avoid them too many days in a row. There may also be issues with diverticulitis depending on the berries used. Be aware of these health issues before planning to make smoothies.

Typical fruits that appear in a smoothie include: bananas, strawberries, raspberries, blueberries, blackberries, and peaches. Apples tend to be too tough and don't chop well. Applesauce can be used in their place. Raw peaches may have the same problem. They can be softened in the microwave and cooled before making a smoothie.

Other ingredients that can be added to smoothies include peanut butter, chocolate syrup, jam, jelly, and flavored syrup. Be aware of dye allergens used in these ingredients.

Almond or soy milk are recommended. Cow milk will make smoothies thicker. Coconut is a potential severe food allergen and not recommended without verifying it is safe for consumers.

Included are two basic recipes that can be tried and expanded to fit personal tastes.

Banana and Strawberry Smoothie

A banana and strawberry smoothie is the most common first made smoothie and least likely to be allergenic. Fructose and diverticulitis are both issues with this flavor. However, occasional use should be okay. There are strawberry syrups made without the seeds that can be used in place of real strawberries. However, there may be dye issues with these. For real sliced strawberries, previously sugaring them isn't necessary. They can be frozen sliced without sugar and be ready to use after a quick thaw. Bananas can also be frozen prior to use. Freezing makes them smoother. Their color will be darker.

Pre Cook Preparation:

Meal Adaptations:

Physical Accommodations:

Frozen or canned fruit can be used

Sit on a stool while chopping

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Bananas (fructose)

Milk (lactose)

Strawberries (fructose, diverticulitis)

Yogurt (lactose)

Meatless Preparation Avoid:

Milk

Yogurt

Substitute with: _____

Utensils:

Blender

Spoon

Pan: None

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
2 bananas broken in half
1 cup of sliced strawberries
2 cups of milk (lactose free)
Almond, or
Soy
2 cups of yogurt, plain or strawberry

Preparation time: 10 minutes

Preparation:
From Frozen:
1. Thaw:
2 bananas
1 cup of sliced strawberries

From Fresh:
1. Wash and slice 1 cup of strawberries.
2. Break 2 bananas in half.
3. Add to blender in this order:
2 cups of yogurt
2 cups of soy or almond milk
1 cup of sliced strawberries
2 bananas
4. Follow blender directions for blend speed and time.

Cook Temperature: None

Cook Time: 2 to 4 minutes to blend

Servings: 2 to 4

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes and then place in the fridge
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Mixed Berry Smoothie

Mixed berry smoothie is a flavorful mixture. It can be a bit bitter, so an optional tablespoon or two of sugar can increase the sweetness. Most berry combinations work well in a smoothie. Strawberry, blueberry, blackberry, raspberry, orange raspberry, or other edible berries of similar size and consistency. Mixed berry smoothies are most likely to cause diverticulitis issues, so be careful, and don't drink one too many days in a row. This is also a good recipe to add a scoop of protein powder to if needed. Fresh from the berry patch to the blender in less than 30 minutes.

Pre Cook Preparation:

Meal Adaptations:

- Physical Accommodations:
  - Frozen or canned vegetables can be used
  - Sit on a stool while chopping
- Visual Accommodations:
  - Use colored chopping boards
- Potential Food Allergy or Intolerance:
  - Blackberries (fructose, diverticulitis)
  - Blueberries (fructose, diverticulitis)
  - Milk (lactose)
  - Raspberries (fructose, diverticulitis)
  - Strawberries (fructose, diverticulitis)
  - Yogurt (lactose)
- Meatless Preparation Avoid:
  - Substitute with: _____

Utensils:

- Spoon
  - Pan: None

Ingredients:

- Meat: None
- Vegetables: None

Other ingredients:
1/4 cup of blackberries
1/4 cup of blueberries
2 cups of milk (lactose free)
Almond, or
Soy
1/4 cup of raspberries
1/4 cup of sliced strawberries
2 cups of yogurt, plain or strawberry

Preparation time: 10 minutes

Preparation:

From frozen:
1. Thaw:
1/4 cup of blackberries
1/4 cup of blueberries
1/4 cup of raspberries
1/4 cup of sliced strawberries

From Fresh:
1. Or wash and slice:
1/4 cup of blackberries
1/4 cup of blueberries
1/4 cup of raspberries
1/4 cup of strawberries
2. Spoon into blender in the following order:
2 cups of yogurt
2 cups of soy or almond milk
1/4 cup of blackberries
1/4 cup of blueberries
1/4 cup of raspberries
1/4 cup of strawberries
3. Follow blender directions for blend speed and time.

Cook Temperature: None

Cook Time: 2 to 4 minutes to blend

Servings: 2 to 4

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes and then place in the fridge
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

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Thanks!

Abby Brown

About the Author

Abby Brown began reading at far too young an age. Her preferred reading material was nonfiction, with biographies and science being at the forefront of her library excursions.

Her ability to memorize and use all the grammar rules in school years led to working in the school library while classmates caught up. All of those rules and diagramming sentences was easy and relaxing. For many years. All is forgotten now. Except the joyful memories of preparing the library for others to use.

As an adult, gardening and preparing the garden bounty was her way to relax. To think. To make (tasty) order out chaos. Even that is gone now. May you enjoy the recipes she has gathered over the decades.

Connect with Abby Brown

Email with questions or comments - aprilbrownextra@gmail.com

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